

BULLETIN FOR HEALTH AND WELLBEING

CANADA PRENATAL NUTRITION PROGRAM (CPNP)



Prenatal nutrition is vital for the health of both the mother and the developing baby, particularly for those facing risk factors such as poverty, substance use, or teen pregnancy. Inadequate nutrition during pregnancy can lead to complications like low birth weight, preterm birth, and developmental delays. At-risk mothers may have limited access to nutritious food, making targeted support essential. Proper nutrition supports fetal growth, strengthens the immune system, and reduces the risk of birth defects. Providing specialized prenatal nutrition care is crucial to addressing health disparities and ensuring the best possible outcomes for vulnerable mothers and their babies.

The main objective: To improve the health of women and their babies by

- Raising the number of babies born at a healthy weight.
- Encouraging and advocating breastfeeding.

Additionally: The CPNP works to nourish community partnerships by:

- Building local support for at-risk pregnant women and new mothers.
- Establish support for culturally sensitive groups such as indigenous women and recent immigrants.

Who is this program aimed at?

This program is aimed to aid pregnant women and new mothers facing risks such as:

- Poverty
- Teen pregnancy
- Social and geographic isolation
- Substance use
- Family violence

THIS ISSUE

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NEXT ISSUE

ANIMAL AWARENESS

References :

https://www.printablee.com/post_medical-terminology-worksheets-printable_300434/#Medical%20Terminology%20Printable%20Worksheets

What are the types of support the CPNP offers?

- Nutrition counselling
- Prenatal vitamins
- Food and food coupons
- Food preparation training
- Counselling in prenatal health and lifestyle
- Breastfeeding education and support
- Education and support
- Referrals to other agencies and services.



If you or someone you know is facing circumstances that may put your health or your baby's health at risk, you can find local support through the Canada Prenatal Nutrition Program (CPNP) on the Health Canada website. Simply search for what services you need as well as where you are located, and it will find the closest area near you offering the desired services.

Activity Corner



Christmas Word Search

E	C	P	V	G	I	R	O	L	C	Z	Q	M	W	T	K	L	N	O	F
W	J	X	Q	O	B	Y	H	I	D	S	T	U	G	P	E	Y	X	Z	
W	R	C	M	K	M	B	O	E	B	C	B	T	R	D	G	Y	E	U	E
Y	G	F	J	S	G	D	Y	G	W	S	H	Q	D	F	O	N	L	R	S
N	U	X	N	E	N	M	U	W	F	P	L	R	O	N	V	M	L	N	L
F	R	U	M	Z	V	I	L	F	E	W	N	Y	I	W	M	E	O	E	L
T	E	W	R	U	S	S	P	V	B	O	N	S	J	S	W	I	W	E	S
Z	W	S	F	O	Y	P	C	Y	I	P	G	S	A	N	T	A	L	Y	J
K	H	C	U	Q	P	T	L	Y	B	X	D	C	O	A	L	M	U	K	U
X	N	V	Z	J	G	W	I	L	G	E	G	O	R	H	O	V	A	J	D
I	X	S	D	F	P	P	G	O	Y	O	Y	O	R	I	L	E	U	S	E
L	N	P	W	S	M	C	V	W	P	G	C	K	K	H	E	P	O	Y	O
G	B	Q	S	X	F	T	V	H	I	E	R	I	J	U	Y	T	C	M	K
J	V	N	T	M	F	F	B	K	D	T	Z	E	V	G	T	Y	J	S	T
F	C	E	M	R	E	D	O	H	W	B	K	S	E	D	S	B	X	W	I
V	U	G	T	L	E	C	A	V	P	H	D	G	X	N	O	O	K	A	C
E	O	Z	I	Y	V	E	N	R	K	U	B	I	J	W	D	N	L	Z	R
Q	H	R	E	G	P	E	L	B	Y	N	W	T	S	Z	S	I	I	M	W
L	F	U	S	G	T	G	Y	H	C	K	C	P	S	K	U	N	J	S	T
T	J	M	S	W	Y	I	Q	J	D	V	E	Y	D	G	L	N	Z	Y	N

SANTA
RED
GREEN
YELLOW
CHRISTMAS

COOKIES
MILK
COAL
TREE
DECORATIONS